

Statistics Report 02066, Spearmint, dried [a](#)

Report Date:October 25, 2015 16:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	11.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Energy	kcal	285	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Energy	kJ	1192	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	19.93	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Total lipid (fat)	g	6.03	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Ash	g	10.70	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Carbohydrate, by difference	g	52.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Fiber, total dietary	g	29.8	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	05/1996
Minerals													
Calcium, Ca	mg	1488	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Iron, Fe	mg	87.47	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Magnesium, Mg	mg	602	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996

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Phosphorus, P	mg	276	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Potassium, K	mg	1924	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Sodium, Na	mg	344	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Zinc, Zn	mg	2.41	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Copper, Cu	mg	1.542	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Manganese, Mn	mg	11.482	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Thiamin	mg	0.288	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Riboflavin	mg	1.421	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Niacin	mg	6.561	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Pantothenic acid	mg	1.399	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Vitamin B-6	mg	2.579	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Folate, total	µg	530	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	530	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Folate, DFE	µg	530	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/1996
Vitamin A, RAE	µg	529	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	10579	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	1.577	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
14:0	g	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
16:0	g	1.131	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
18:0	g	0.163	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Fatty acids, total monounsaturated	g	0.210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
16:1 undifferentiated	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
18:1 undifferentiated	g	0.183	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996

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Fatty acids, total polyunsaturated	g	3.257	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
18:2 undifferentiated	g	0.446	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
18:3 undifferentiated	g	2.792	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1996
Phytosterols	mg	82	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Amino Acids													
Tryptophan	g	0.306	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Threonine	g	0.816	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Isoleucine	g	0.816	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Leucine	g	1.496	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Lysine	g	0.858	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Methionine	g	0.281	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Cystine	g	0.220	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Phenylalanine	g	1.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Tyrosine	g	0.600	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Valine	g	0.995	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Arginine	g	0.918	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Histidine	g	0.399	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996

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Alanine	g	1.036	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Aspartic acid	g	2.353	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Glutamic acid	g	2.172	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Glycine	g	0.957	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Proline	g	0.816	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Serine	g	0.778	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996

Footnotes  
<sup>a</sup> Leaf